



Asian American Resource Center
 8401 Cameron Road
 Austin, Texas 78754
 Phone: 512.974.1700

Senior Lunch Menu—August 2016

Time: 11:30am—12:30pm, Mondays through Thursdays. Any extra meals are given to our waiting list patrons, so please arrive by 12:30pm.

Eligibility: One free meal a week for age 60 and over, City of Austin residents. A \$5 fee for lunch applies for those not eligible.

Reserve your meal: Call or e-mail us at (512) 974-1700 or rani.arni@austintexas.gov 7 days in advance during business hours. *Vegetarian meals available by request. Wednesdays are vegetarian meals only. We are limited to 40 seats for lunch.

First time participants: Please call 512-974-1700 to register for program. *all meals include a serving of fresh fruit



SENIOR LUNCH SOCIAL HEALTH & WELLNESS RECREATIONAL ACTIVITIES INTERGENERATIONAL GARDEN

<p>Monday, August 1</p> <p>Mapa Tofu w/Beef, Onion, Green Bean Carrot , Rice</p> <p>Veg. Entrée: Mapa Tofu Vegetarian</p>	<p>Tuesday, August 2</p> <p>Stuffed Bitter-Melon w/Pork, Pepper Veggies, Rice</p> <p>Veg. Entrée: Bittermelon Stir-Fried w/ mushroom</p>	<p>Wednesday, August 3</p> <p>Paneer Jalfrezi, Kala Chana (Black-Garbanzo), Home-Style Roti (2), Jeera Rice</p>	<p>Thursday, August 4</p> <p>Pineapple, Chicken Fried Rice w/Cashew nuts, green onions, grape Tomatoes, Steamed Veggies</p> <p>Veg. Entrée: Tofu Fried Rice</p>
<p>Monday, August 8</p> <p>Chicken Delight w/Waterchestnut, mushroom, carrot, cabbage, Rice,</p> <p>Veg. Entrée: Tofu Delight</p>	<p>Tuesday, August 9</p> <p>Lemongrass Chicken Vermicelli w/spring-mix, cucumber</p> <p>Veg. Entrée: Lemongrass Seitan Vermicelli</p>	<p>Wednesday, August 10</p> <p>Samosa (2) Cholay (Chickpea) Vegetable Pulao, Riata (Yogurt w/ Cucumber),</p>	<p>Thursday, August 11</p> <p>Sir-Fry Garlic Chicken, Steamed Veggies, Rice</p> <p>Veg. Entrée: Stir-Fried Garlic Tofu</p>
<p>Monday, August 15</p> <p>Chicken Katsu w/ Egg, Onion Carrot, Brown Sugar, Rice</p> <p>Veg. Entrée: Tofu Katsu</p>	<p>Tuesday, August 16</p> <p>Steamed Ginger Tilapia, Mixed-veggies, Brown Rice</p> <p>Veg. Entrée: Veggie Delight</p>	<p>Wednesday, August 17</p> <p>Cauliflower w/peas, potato, Dal Makhani, Poori (2), Spinach Rice</p>	<p>Thursday, August 18</p> <p>Stir-fry Ginger Chicken w/Sweet onions, Scallions, Mixed Veggies, Rice</p> <p>Veg. Entrée: Stir-Fried Ginger Tofu</p>
<p>Monday, August 22</p> <p>Fish Curry w/bell pepper, potato, carrot, Rice</p> <p>Veg. Entrée: Tofu Curry</p>	<p>Tuesday, August 23</p> <p>Korean Stir-Fried Noodles w/ Chicken, mix-Veggies</p> <p>Veg. Entrée: Veg Korean Stir-Fry Noodles</p>	<p>Wednesday, August 24</p> <p>Saag Paneer, Sprout Moong Khaman Dhokla (4 pcs) Rice.</p>	<p>Thursday, August 25</p> <p>Stir-Fry glass Noodle w/Pork, eggs, Cabbage, Carrots.</p> <p>Veg. Entrée: Tofu w/Noodles</p>
<p>Monday, August 29</p> <p>Bulgogi (Beef) w/garlic, bell pepper, carrot, onion, Soy sauce, Rice</p> <p>Veg. Entrée: Tofu Bulgogi</p>	<p>Tuesday, August 30</p> <p>Pork Meatballs & Japanese Squash w/ mushroom, Bean , Stir-Fry Veggies, Rice.</p> <p>Veg. Entrée: Soft-Tofu & Squash</p>	<p>Wednesday, August 31</p> <p>Tindora Masala, Black Eyed Beans, Roti, Veg- Biryani</p>	<p>Thursday, September 1</p>

RICE Schedule of Activities—August 2016

9:30am to 11:30am: Join us for free tea and coffee

9am to 2pm: Recreation Social—Come play games such as table tennis, Go (weiqi), chess, checkers, mahjong, mancala, Go. Stop!, Hanafuda, Sudoku, Caroom, brain games, Asian satellite channels, computer basics and help, etc.

12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) *By request*

<p>Monday, August 1</p> <ul style="list-style-type: none"> 10:30-11:30 Karaoke / KTV (Rm 8) 	<p>Tuesday, August 2</p> <ul style="list-style-type: none"> 10am-12pm Open Activity 	<p>Wednesday, August 3</p> <ul style="list-style-type: none"> 10:30-11:30am Doll Making 娃娃製作 10:30-12pm Technology 101 	<p>Thursday, August 4</p> <ul style="list-style-type: none"> 10:30-12pm Ip Sun Tai-Chi w/ Vince / 太極 / 태극권 (Ballroom) 10:30-12pm Technology 101
<p>Monday, August 8</p> <ul style="list-style-type: none"> 10-11:30am Wellness 健身運動 Class w/Gongxian 	<p>Tuesday, August 9</p> <ul style="list-style-type: none"> 11-12pm Line Dance 排舞 w/ Leechu Cheng (Ballroom) 10:30-11:30am Fitness 健身 DVD of choice 	<p>Wednesday, August 10</p> <ul style="list-style-type: none"> 10:30-11:30am Gentle Yoga w/ Navaratri / 瑜珈 / 요가 (Ballroom) 10:30-12pm Technology 101 	<p>Thursday, August 11</p> <ul style="list-style-type: none"> 10-11:30am Wellness Class 健身運動 w/Gongxian 10:30-12pm Technology 101
<p>Monday, August 15</p> <ul style="list-style-type: none"> 10:30-11:30 健身 DVD of choice 	<p>Tuesday, August 16</p> <ul style="list-style-type: none"> 10:30-11:30 Balance/Aging gracefully Presentation by Senior Care Centers 	<p>Wednesday, August 17</p> <ul style="list-style-type: none"> 10:30 –11:30am Heartfulness Meditation 冥想 (Ballroom) 10:30-12pm Technology 101 	<p>Thursday, August 18</p> <ul style="list-style-type: none"> 10:30-12pm Ip Sun Tai-Chi (太極 / 태극) w/ Vince (Ballroom) 10:30-12pm Technology 101
<p>Monday, August 22</p> <ul style="list-style-type: none"> 10-11:30am Wellness 健身運動 Class w/Gongxian 	<p>Tuesday, August 23</p> <ul style="list-style-type: none"> 11-12pm Line Dance 排舞 w/ Leechu Cheng (Ballroom) 	<p>Wednesday, August 24</p> <ul style="list-style-type: none"> 10:30-11:30am Gentle Yoga w/ Navaratri / 瑜珈 / 요가 (Ballroom) 	<p>Thursday, August 25</p> <ul style="list-style-type: none"> 健身 DVD/Video of choice
<p>Monday, August 29</p> <ul style="list-style-type: none"> 10-11:30 Open Activity 	<p>Tuesday, August 30</p> <ul style="list-style-type: none"> 10-11:30am Wellness 健身運動 Class w/Gongxian 	<p>Wednesday, August 31</p> <ul style="list-style-type: none"> 10:30-11:30 2-1-1 Presentation (Ballroom) 	<p>Thursday, September 1</p> <ul style="list-style-type: none"> 10am-11:30am Karaoke / KTV (Rm 8)

Senior Transportation Schedule—August 2016

Limited transportation available for seniors eligible and registered for Senior Lunch Social **once a week**. Please refer to our Senior Lunch & Transport Guidelines or call 512-974-1700 for more information. Transportation participants must still follow guidelines for registering for Senior Lunch Social.

Route Schedule:

- Stops with less than 3 people for pickup are subject to cancellation.
- Route schedule may be subject to change due to demand and need.

Pick-Up & Drop-off:

- Pick-up time and reminders will be sent to participants 1-2 days prior by e-mail. Please call the AARC for pick-up time if you do not have e-mail access.

- Participants should bring their Parks & Recreation ID passes that list their stop to ride in AARC van. New passes are made upon registration and first visit to AARC.
- The AARC can only pick-up and drop-off at the same location.

Changing Pick-Up/Drop-Off Locations:

- Participants must notify AARC staff **7 days in advance** if they would like to change stops.
- Stop changes are limited to accessibility accommodations or changes of address.

A	Monday, August 1 Rustic Rock, Waller St, Capital Village	Tuesday, August 2 Yaupon/Dianella, Mountain View Park	Wednesday, August 3 Fo Guang Shan Xiang Yun Temple, Mellow Meadow	Thursday, August 4 Trailhead Park, Hunters Chase
B	Monday, August 8 Rustic Rock, Waller St, Capital Village	Tuesday, August 9 Yaupon/Dianella, Mountain View Park	Wednesday, August 10 Fo Guang Shan Xiang Yun Temple, Hunters Chase, Wood Hollow	Thursday, August 11 Trailhead Park, Mellow Meadow
A	Monday, August 15 Rustic Rock, Waller St, Capital Village	Tuesday, August 16 Yaupon/Dianella, Mountain View Park	Wednesday, August 17 Fo Guang Shan Xiang Yun Temple, Mellow Meadow, Wood Hollow	Thursday, August 18 Trailhead Park, Hunters Chase
B	Monday, August 22 Rustic Rock, Waller St, Capital Village	Tuesday, August 23 Yaupon/Dianella, Mountain View Park	Wednesday, August 24 Fo Guang Shan Xiang Yun Temple, Hunters Chase, Wood Hollow	Thursday, August 25 Trailhead Park, Mellow Meadow
A	Monday, August 29 Rustic Rock, Waller St, Capital Village	Tuesday, August 30 Yaupon/Dianella, Mountain View Park	Wednesday, August 31 Fo Guang Shan Xiang Yun Temple, Mellow Meadow, Wood Hollow	Thursday, Sept 1 Trailhead Park, Hunters Chase



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The City of Austin is proud to comply with the American Disabilities Act. If you require special assistance for participation in our programs or use of our facilities please call 512.974.1700.